

**SAMPLE: Photo Contest
I Can Change Winter 2009 Initiative**

Challenge yourself and submit a photo for a chance to win a great prize!

This contest is brought to you by your Wellness Program. We challenge you to capture wellness in any form, whether it is healthy eating, participating in recreation and leisure activities. It is up to you to be creative.

Contest Rules

To be accepted, your photograph must meet the following criteria:

- At least one employee or family member must be included in the photo
- Person(s) in the picture must be involved in wellness activities (for example, walking, skiing, cooking healthy meals, yoga, meditating, walking meetings for committees, and/or hosting alcohol/smoke-free events, etc.)
- Digital photos submitted must be in one of the following forms: .jpg; .gif; .tif
- Photo file size must be no larger than 2 MB
- For best display quality, photo should have a resolution of 72 pixels per inch (PPI)
- No watermarks or signatures on photo please
- Participants in the photo must have agreed to have their photo taken
- Photos can also be submitted in person to the designated wellness representative.
 - Photos must be unmounted and unframed – 4”x 6” or 5” x 7” only
 - Photo must include full name, address and phone number on the back of the photo
 - Each entry must be accompanied by a completed entry form

Selection of winning photographs will be based on the following criteria:

1. Originality
2. Appropriateness to wellness
3. Ability to reflect the initiative in the photograph - with regards to wellness activities (for example, healthy eating, physical activity, stress management, smoking cessation, etc)

The following information must be included when the photo is submitted:

- Photo title
- Photo description (provide a short statement – no more than 100 words about your picture, when and where it was taken, and any other interesting facts about it. Please spell-check your description as we won't be changing it after it's received)
- Your full name:
- Your phone number:
- Your Worksite